

➤ SMART LOVE

Short notes; the fact is that you cannot really love someone not until you love yourself.

- ❖ Any girl who thinks she has to have sex to prove she is cool or liberated or grown places a low value on herself.
- ❖ We as youths we look for sex to bolster our self image instead of looking to our creator to find worth.
- ❖ Within marriage sex include; love, trust, security and freedom.
- ❖ Humor is a fact it is a way of hiding emotions: Like the comedians who make fun out of their own physical appearance or emotional feelings.
- ❖ The greatest barriers to successful dating are feeling of worthlessness, inadequacy and failure.

✓ HOW TO BE A WINNER

Romans 12:3

Ephesians 2:10

- We have to be positive about ourselves and our abilities.
- These are the verses to help me meditate: Romans 8:31-39

: Psalms 56:9, 100:3,

139:14

: Isaiah 40:11, 28:31,

41:10, 43:1-2